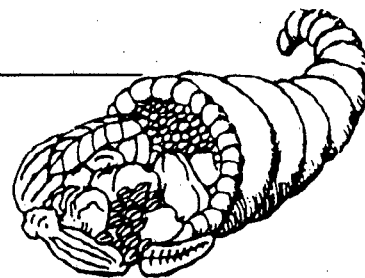


# THE MCDUGALL NEWSLETTER

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## INFORMATION

### AN OUTSTANDING VIDEO

**The McDougall Video** is exceptional entertainment and educational material. Since 1986 Dr. John McDougall has been providing information and encouragement to viewers on his weekly segment of "McDougall's Medicine" on the national television show "Lifestyle Magazine." This 2-hour video includes interviews with medical experts mixed with vital messages on diet and health from Dr. McDougall. The following are brief descriptions of the topics covered:

#### Introduction:

\*\*The McDougall Program at St. Helena Hospital. A overview of the live-in Program and how it works.

#### Heart Disease:

\*\*Interview with Robert Kowalski, author of "The 8-Week Cholesterol Cure."

\*\*Interview with Dean Ornish, M.D., author of "Dr. Dean Ornish's Program for Reversing Heart Disease." Principal investigator on research demonstrating reversal of atherosclerosis.

\*\*Interview with David Blankenhorn, M.D., Principal investigator on research demonstrating reversal of atherosclerosis from the University of Southern California.

\*\*Interview with Robert Pritikin, Author of "The New Pritikin Program." Director of the Pritikin Longevity Center.

\*\*The effects of aspirin on heart disease prevention.

\*\*The effects of fish and fish oil on heart disease (set in Hawaii)

#### Diabetes, Osteoporosis, MS, Poor Circulation:

\*\*Interview with Julian Whitaker, M.D., author of "Reversing Heart Disease" and "Reversing Diabetes."

\*\*Interview with Dennis Burkitt, pioneer in diet and disease

\*\*Interview with Roy Swank, M.D., researcher and author on the dietary treatment of Multiple Sclerosis from University of Oregon.

\*\*Osteoporosis and calcium needs.

\*\*Blood sludging with a photographic demonstration of the effects of high-fat meals on circulation.

#### Nutritional Needs:

\*\*Calcium needs and the nutritional adequacy of plant foods.

\*\*Equal amounts of cholesterol in beef, chicken and fish.

\*\*Glass stomach demonstration proving "starches are not fattening."

#### Food and Beverage Choices:

\*\*Dining at a (Sizzler) Steak House

\*\*Eating at fast food places--Burger King, Wendy's, Carl's Jr. and McDonalds.

\*\*Ordering healthy pizza--the Round Table Pizza experience.

\*\*Ice cream and beyond.

\*\*Mineral Water--a trip through Calistoga Mineral Water plant.

\*\*Non-alcoholic wines.

\*\*Home-cooked simple breakfasts.

#### Shopping Tips:

\*\*Bakeries serving oil-free, whole grain breads.

\*\*Supermarket shopping.

\*\*Manufacturing tofu.

\*\*Tips on label reading

#### Health Habits:

\*\*Quitting cigarettes

\*\*Coffee substitutes

\*\*Health and harm from the sun (set in Hawaii)

\*\*Stress (set in Hawaii)

#### Exercise:

\*\*Home exercise equipment

\*\*Biking for exercise

\*\*Windsurfing in Hawaii

\*\*Gardening

#### Just For Fun:

\*\*Hot air balloons

\*\*Mud and mineral water baths (Calistoga, CA)

\*\*Amusement Parks

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## MEDICAL RESEARCH

### COFFEE AND CHOLESTEROL

#### *Does it or doesn't it raise cholesterol?*

"Coffee, Caffeine, and Cardiovascular Disease in Men," by D. Grobbee, reported in the New England Journal of Medicine, October 11, 1990 (323:1026, 1990), finds no relationship between coffee drinking and heart attacks. In this recent study investigators examined 45,589 U.S. Men for diseases caused by atherosclerosis (heart attacks, bypass surgery, angioplasty or strokes). There was no increased risk for patients who drank 4 or more cups of coffee and increasing consumption was not associated with more disease. Independent assessment of the effects of caffeine dose also showed no relation between caffeine and disease. However, decaffeinated coffee was associated with a 63% increase in risk of disease.

But other studies have shown just the opposite. For example, one study in 1986 from the same journal showed a 2.5-fold increased risk of heart disease in those who drank 5 or more cups a day (LaCroix, A. N Engl J Med 315:977, 1986).

#### *Why the different heart disease findings?*

Confounding the study of the effects of coffee on health has been the observations that coffee drinkers are more likely to smoke and they take in more animal fat and cholesterol (including cream and non-dairy creamers). Furthermore, there may be a threshold above which effects may be seen. Maybe 4 cups a day isn't enough to cause problems. Consider that in the Western Electric Study more than six cups of coffee a day was consumed by those showing an increased risk of heart disease and another study showed drinking 9 cups a day had 2.2 times the risk as drinking less than one cup a day.

There are several ways coffee may increase the risk of heart disease; coffee raises cholesterol, increases blood pressure,

and induces irregularities of the heart. Most attention has recently been given to the effects on blood cholesterol levels. Depending on the study, coffee has been shown to raise cholesterol 0% to 23% in about six weeks (Rosmarin, P. Am J Med 88:349, 1990).

#### *Why the big difference in cholesterol findings?*

The difference has been attributed primarily to **the method of brewing**. Filtering coffee removes a lipid (a fatty substance) which causes total cholesterol and LDL "bad" cholesterol to increase in the blood. This lipid present in boiled coffee, is removed by the paper filter. The "coffee lipid factor," as it has been called, is considered a powerful natural cholesterol-raising compound (Zock, P. Lancet 335:1235, 1990). The caffeine in coffee does not raise cholesterol. Decaffeinated coffee, unless it also is filtered, contains the "coffee lipid factor" and raises cholesterol (Superko, H. Circulation 80 suppl II:86, 1989)

#### *Is filtered coffee a perfectly safe drink?*

Coffee is the most popular beverage in Western societies--the last legal "high." It stimulates you to be keener, more alert, and awake. Unfortunately, its stimulating effects may lead to health problems. Over stimulation causes anxiety, nervous tremor, and sometimes confusion. These effects are primarily due to the caffeine. Coffee (even decaf) stimulates acid secretion in the stomach causing indigestion, gastritis, esophagitis, and ulcers. As it travels to the bowel it produces diarrhea in sensitive people. In the bladder, breakdown products cause a distressing urge to urinate. Some evidence suggests caffeine causes lumps and tender breasts, a condition known as fibrocystic breast disease. All positive and negative effects considered, for most people a coffee habit is a "bad" habit.

## LOW CHOLESTEROL AND CANCER

Investigators reported "Declining Serum Cholesterol Levels Prior to Diagnosis of Colon Cancer" (Winawer S. JAMA 263:2083, 1990). Their study showed the cancer came first--before the low cholesterol reading.

These investigators from Memorial Sloan-Kettering Cancer Center reported results of a 10-year (time-trend, case-controlled) study in which serum cholesterol was determined at several points in time preceding the diagnosis of colon cancer. Many years before the diagnosis of cancer, patients with colon cancer were found to have the same level of cholesterol as people without this disease. However, by the time of diagnosis the colon cancer patients had significantly lower cholesterol levels than the matched controls. There was an average decline of 13% over 10 years for cancer patients and an increase in cholesterol of 2% for controls during the same period.

These authors theorized a genetic association between colon cancer and lowering of cholesterol--possibly a gene that favors colon cancer development also has the ability to lower cholesterol at the same time. (I find this hard to understand and believe.)

More plausible explanations to unravel the mystery of low cholesterol levels seen in cancer patients are:

Explanation #1: People with cancer lose their appetite and, as a result, eat less fat and cholesterol. Cancer is slow growing and many years of subtle illness pass before diagnosis is finally made.

Explanation #2: Metabolisms differ. For some people dietary cholesterol is easily absorbed from the intestine into the blood stream where it injures the arteries. Others are poor absorbers and they leave the cholesterol in their intestine where it acts as a cancer-helper (co-carcinogen). This may explain why patients with colon cancer have more cholesterol in their stool than people without cancer.

Explanation #3: People with cancer eat more vegetable oils. Corn, safflower, and olive oil lower blood cholesterol levels by causing the liver to excrete more cholesterol into the bowel. This excreted cholesterol may now act as a co-carcinogen.

Explanation #4: Experiments performed since the 1930's have demonstrated that fats promote the development of cancers all over the body, including cancer of the breast, skin, and lung, as well as colon cancer. Furthermore, the cancer-promoting effects of vegetable oils are much stronger than those of animal fats. People who choose vegetable oils at the dinner table will lower their cholesterol but they impair their body's ability to ward off cancer in the process (possibly by injuring body cells and/or the immune system).

Therefore, the widespread message to lower your cholesterol by changing to corn or olive oil may actually exchange your risk for heart disease for cancer. The well informed consumer does not have to make a choice between "being shot or hung". If you follow a low-fat, no-cholesterol diet you will reduce your risk of both diseases (and more). A look around the world will convince you of this. People living in countries where low-fat diets are followed, such as China and Africa, have no heart disease and none of the cancers (colon, breast, and prostate) common to people living in Western societies.

Unfortunately, this notion that a low cholesterol count will cause cancer has become popular because people like to hear *good news about their bad habits*. Believing this incorrect theory may delay changing the way they eat and live, and reduce the threat caused by your healthier diet.

## EXCESS THYROID MEDICATION

Insufficient thyroid hormone production by the thyroid gland (hypothyroidism) affects about 1.4% of women of all ages and 5% of people of both sexes over the age of 60 years. Too little thyroid hormone can slow down the body's metabolic activities and increase the blood cholesterol levels (increasing the risk of heart disease)--conditions easily reversed by thyroid medication.

About 15% of people take thyroid medication for questionable, or definitely inappropriate reasons, such as obesity or fatigue. If I suspect a patient really does not need thyroid pills, I will ask them to stop the medication and check their blood in 4 weeks to be certain their own thyroid gland is producing sufficient hormone. Just to be certain all continues to work properly, I will do one more test 6 weeks

later, and then yearly.

Blood tests used to determine the thyroid hormone levels in your body are commonly referred to as T3 and T4. Another even more useful test to determine the adequacy of thyroid hormone activity is a TSH level. (TSH or Thyroid Stimulating Hormone is synthesized in the pituitary gland and it stimulates the thyroid gland to make thyroid hormone. The pituitary gland and the thyroid work like a thermostat controlling a heater: as the level of thyroid hormone goes up, the level of TSH falls, and vice versa.)

Having too much thyroid hormone in the body can cause harm. A large excess of hormone speeds the body's activities and causes a condition called hyperthyroidism, characterized by nervousness and weight loss.

Even a subtle excess of hormone that leaves the patient appearing normal, can cause problems, such as "thinning" of the bones leading to osteoporosis, injury to the liver, and changes in the heart. Accelerated development of osteoporosis from taking too much thyroid medication is of great concern. (Franklyn J. Br Med J 300:693,199; Helfand M. Ann Intern Med 113:450, 1990).

The best way to detect this subtle over-treatment before there are serious problems is to measure the TSH hormone level. When the TSH level is suppressed to undetectable amounts then too much medication is being taken. In one study, 56% of people were being over-treated according to suppressed TSH levels (Stall G. Annals Of Internal Medicine 113:265 1990). Ideally the TSH should be measurable at 1 to 5 mU/L during thyroid hormone replacement.

Most patients requiring thyroid hormone replacement will need 75 to 150 ug per day of levothyroxine (Synthroid). (A reliable way to figure dosage is 1.6 ug/kg body weight/day). Almost all patients who take more than 200 ug/day are taking too much and they can have their medication reduced without even checking the blood tests (also 3 grains of thyroid extract can be assumed too much). After changing the dosage of medication you should wait 2 months to determine the effects by a blood test of the TSH levels.

It is important to make adjustments now, because repair of lost bone takes time. One study found bone was not completely restored in a group of patients even 2 years after correction of the hyperthyroidism. (Possibly if they had taken other positive steps known to help osteoporosis, like lowering animal protein intake and exercising, recovery would have been sooner and more complete.)

## RECIPES

### CABBAGE SLAW

Servings: 4

1 teaspoon salt (optional)  
1/4 teaspoon freshly ground black pepper  
1/2 teaspoon dry mustard  
1 teaspoon celery seeds  
2 tablespoon sugar (or fructose)  
1/4 cup chopped green pepper  
1 tablespoon chopped red pepper or pimento  
1/2 teaspoon grated onion  
1/3 cup white vinegar

3 cups finely chopped or shredded cabbage (not Savoy)

Place salt, pepper, dry mustard, celery seeds, sugar, green pepper, pimento, and onion in a large bowl. Mix well and stir in vinegar. Add cabbage and toss to mix well. Cover and chill until serving time.

*Helpful Hints:* Tasty and colorful additions to your salad could be cut-up red apples, drained pineapple, halved green and seeded Tokay grapes, bananas, grated turnips, minced onions, grated raw carrots, celery, cucumbers or dill seeds.

### PUMPKIN PIE

Contributed by Lisa Forest, Concord, CA

2 cups water  
1 14 oz. package firm tofu, drained  
1 lb can pumpkin  
1 1/2 teaspoons pumpkin pie spice  
1/3 cup honey  
1/3 cup light molasses

Preheat oven to 350 degrees. Blend (in a blender) 2 cups of water with tofu until creamy. Stir in remaining ingredients. Then pour into a pie shell. Recipe for healthy pie shell found in The McDougall Health-Supporting Cookbook, Vol. II, page 124, "Nutty Pie Crust".

*Please Note:* This is a very rich recipe because of the fat from the tofu and the sugar from the molasses and honey.

### BABY FOOD BUTTER

Contributed by Gary Calderone, Trenton, NJ

Use almost any bottled baby foods such as sweet potato, squash, or bananas as a spread on whole grain toast. You might also heat various baby foods and use them as a sauce on steamed vegetables. Please read ingredients on the jar to be sure food is made of healthy ingredients (only a vegetable or fruit and water).

### TEMPEH PATE'

Contributed by Lisa Hannus, Vancouver, BC

Servings: 8

1 pkg. 5 grain tempeh  
2 tablespoons tamari (soy sauce)  
3 tablespoons tofu mayonnaise  
1/4 cup chopped celery  
2 tablespoons minced green onions  
1/2 teaspoon dill

Steam tempeh for 10-15 minutes. Mash tempeh with tamari and tofu mayonnaise in a bowl. Saute celery and onions in water for a few minutes. Add to tempeh and mix well. Add dill.

*Helpful Hints:* Serve on crackers or as a sandwich spread. For tempeh balls, form pate' into balls and bake at 350 degrees for 10-15 minutes. This is a high-fat, high-protein, high-salt recipe to be used sparingly by healthy people.

### SPICY STEW

Contributed by Carol Wayman, Morrison, CO

3 potatoes, chopped  
1 zucchini, sliced  
1 onion, sliced  
1 cup frozen corn  
1 cup broccoflower (or cauliflower)  
1 green pepper, chopped into large pieces  
2 carrots, sliced

2 4 oz. cans diced green chilies  
1 16 oz. can tomatoes, chopped  
1 tablespoon diced Jalapeno peppers  
2 cups water

Mix all ingredients together and simmer over low heat until the vegetables are tender (approximately 1 hour).

*Helpful Hints:* This recipe can also be made in a crock pot. Serve as is or over rice or mashed potatoes.

### HASH BROWN MEDLEY

Contributed by Carol Wayman, Morrison, CO

4 potatoes, cut into 3/4 inch cubes  
1 green pepper, chopped into large pieces  
1 onion, cut into cubes, separate pieces  
4 cloves garlic, sliced  
2 cups frozen corn  
1 large tomato cut into small pieces.

Place first four ingredients into non-stick skillet and cover. Cook and stir occasionally until vegetables are tender and brown. Add frozen corn and tomato. Cook for 5 more minutes or until the corn and tomatoes are cooked. Frozen hash brown potatoes can also be used instead of fresh potatoes.

## LETTERS

Last evening my husband and I were at a cocktail-reception in San Francisco. An old friend, whom we hadn't seen in a long time, was saying, "no thank you" to all the fancy hors d'oeuvres. I commented on this and she said she was on a fat-free, eggless, vegetarian diet. I immediately asked if it was the McDougall diet and it was... It seemed my friend had been diagnosed with MS (multiple sclerosis) last January. She could not speak. She worried along, gradually was regaining her speech but could not believe being so tired all the time. In August a friend gave her your book and said you had a chapter on MS. She said she read your book from cover to cover and figured, what did she have to lose. After 3 months she said she had control of her MS--it was either in remission or gone...D.S. Lafayette, CA. *Editor's Note:* See the McDougall Program book (page 375, and July-August 1990 (Vol. 4/No. 4) issue of the McDougall Newsletter for more details on MS. Weeks dedicated only to MS patients are held at The McDougall Program at St. Helena Hospital--see below in "more help."

\*\*I have never written a letter to an author of a book before, but there never has been a book that has changed my life as much as The McDougall Program--12 Days To Dynamic Health. My husband and I had been lacto-ovo vegetarians for about 9 years and vegans for 2 years, and I was still carrying around 30 extra pounds and having a hard time finding the motivation to do anything about it...I never realized before how important fat was and I now read all food labels for fat content before I even consider buying them. I never felt better in my 52 years and I'm well on my way to losing the 30 pounds. My husband and I started a vegetarian support group in our city a year ago and after I took a copy of the Program to a meeting and told the group about my success, we have at least 4 copies of the book among us and at least six of our group follow the Program. Each month at our potluck dinners we have several dishes made from the recipes in the book and if a dish isn't from a McDougall

cookbook we want to know the amount of fat used in the dish. M.W. Youngstown, OH.

\*\*I must tell you about myself. I am 71 years old and a bit overweight at 6 feet and 176 lb. My pants were tight on me. I had a problem walking, after 1/4 mile my legs would hurt. Doctors have told me it was a circulation problem and to "walk thru the pain." "If it gets worse it will require surgery." I bought your book The McDougall Program, and after 12 days I lost 7 lb. and my pants fit me pretty well. My B.P. was on day 1--140/90. On day twelve it was 115/75. This is day 17 and I walk 2 miles with no pain... I want you to know how much that you have done for me. I will stay on this diet and keep you informed from time to time. J.M. Dunedin, FL.

## HELP

### DONATIONS

### TO THE MCDUGALL PROGRAM

The McDougall Lifestyle Change Research Fund--2574.1040 will be money I personally manage for research and education. The McDougall Program Fund--2574.1039 will be money managed by The McDougall Program administrative staff, and used for research and education. Send to The McDougall Program, c/o St. Helena Hospital, Deer Park, CA 94576. ALL TAX DEDUCTIBLE.

### MORE HELP

Books and Audio Cassettes: The McDougall Program--\$19.95 (Hardcover); The McDougall Plan--\$9.95; McDougall's Medicine--A Challenging Second Opinion--\$10.00 (Hardcover); Volume I & II of the Cookbooks--\$8.95 each; The McDougall Video--\$24.95. Add postage (\$3 first book or video--\$2 each additional)--McDougall Program Audio Cassette Album--\$59.95 (Regular price \$79.95 with \$20.00 discount for newsletter subscribers), add \$5 postage. The McDougall Program at St. Helena Hospital, Deer Park, CA. Two weeks of physician supervised live-in care designed to get people off medication, out of surgery and living again--call 1-800-358-9195 (outside California) or 1-800-862-7575 (California). The McDougall Newsletter is published bimonthly. Send \$10/yr. Previous issues available at \$1.75 per copy (Vol. 1, No. 1-8; Vol. 2, No. 1-6; Vol. 3, No. 1-6; Vol. 4, No. 1-5).

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